

EAT WELL

RECOMMENDATIONS	EXAMPLES	ESTIMATED REDUCED RISK
 Green Leafy	Eat 1-2 servings per day– add spinach or kale to your salad, sandwich, pasta, and eggs	Down 5-10%
 Berries	Eat a serving a day—1/2 cup of fresh, or if they aren't in season, try dried berries or unsweetened frozen	Down 5-10%
 Olive Oil	Substitute olive oil for other oils or butter	Down 5-10%
 Red Meat	Decrease red meat to 3 or less meals a week. Try fish (at least once a week) and chicken (2 or more times per week) instead.	Down 10-12%
 Fast Food or Fried Food	Limit to once a week or less (fries, hamburgers, fried chicken)	Down 5%